

OrthoNeuro

A Multi-Specialty Center of Excellence

Shoulder Manipulation Under Anesthesia – Discharge Instructions

Scott P. Stephens, M.D.

www.scottstephensmd.com

Safety and Activity

- Perform your stretching exercises 5 times per day and begin physical therapy tomorrow as scheduled.
- Do not play sports or do any lifting until Dr. Stephens approves.
- You may drive when you are no longer taking narcotic pain medication and feel that you can safely operate a motor vehicle.
- Frequently move your fingers and wrist to reduce swelling.
- A minimum of 4-6 weeks is necessary after surgery before returning to sports. Full shoulder motion and strength are necessary before returning to sports.
- Return to work depends on the type of employment. Discuss this with Dr. Stephens or his staff.
- You may do light daily activity as tolerated.

Pain Management

- You will be prescribed pain medication. Take this as needed.
- Take the Medrol dosepak and Naprosyn as directed, if you have no contraindications to these medications.
- Icing the shoulder for 15-20 minutes every 1-2 hours will help reduce swelling and pain. To avoid overcooling, don't sleep with ice on.
 - You should always have a light towel, dressing, or clothing between the ice and your skin.
- No alcohol for the first 24 hours after surgery or while taking prescription pain medicine.
- Pain medicine can be constipating. Take an over the counter stool softener or laxative as needed. Drink lots of water and increase the fiber in your diet.

Follow-Up Appointment

- Refer to your appointment card. If you need to change this for any reason, call the office at (614) 839-2150 to reschedule.

Contact the office immediately if you have the following:

- Difficulty breathing or swallowing
 - Fever over 101 F
 - Changes in the color or temperature of your fingers
 - Sudden, severe pain or pain that is not relieved by medication
 - Inability to urinate within 6 hours of leaving the hospital
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- For questions regarding BWC and disability paperwork, wounds, medications, and/or activity, contact **Kim** at **(614) 839-2150**
 - **For after-hours emergencies, contact Dr. Stephens' office at (614) 890-6555. If symptoms are severe, go to the nearest emergency room or call 911.**
 - Additional information and videos about your diagnosis, surgical procedure, and post-operative care can be found at my website:

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